What You Do Now Matters:

30 Beauty Tips for Those 30 & Under

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1: Lotion Up

It is incredible how many people do *not* use any moisturizing cream or lotion on their bodies—especially after showers.

Moisture keeps the body youthful, intact, and glowing.

2: Sugar Intake

For those who enjoy sugar, watch out. Yes, we can often get away with more copious amounts when we are younger, but it adds up in pounds, internal and external inflammation, and can often affect your skin.

Enjoy it, but do not overindulge. Balance your sugar intake. As you age, your body will thank you for it.

3: Shower Less

It is essential not to take this tip take out of context. Some people genuinely need to shower daily (and maybe even more), but others can get away with a shower every other day or every third day. If your body can handle it—without reeking—try it. Every time you shower, you strip your skin of moisture and natural oils. So, shower in moderation, if your body can handle it, and your skin will thank you for it.

4: Weight Training

Our metabolism can naturally slow down as we age but consistently weight training and resistance training will help keep your metabolism up and running. The more muscle you have, the more calories you will burn naturally.

Don't have a clue about weight training? Start slow with at-home videos.

5: Hydrate

Water is the most critical nutrient we need. Our bodies are indeed made up of 3/4 water, so this should let us know that we *need* it in large quantities.

Drink half your weight or more in ounces of water each day. If you are physically active—which I hope you are, then you need to drink even more water. Your urine should be colorless or a very faint yellow.

6: Waking Up

When you wake up each day:

1. Drink a large glass or moderately sized bottle of water

2. Stretch

3. Take a quick walk

This gets your juices flowing and keeps you full of vitality.

7: Eyes

Remember to moisturize those eyes! It's easy to forget about the eyes, but we need to take care of them; however, we can, and moisturizing is one way to keep those eyes fresh, youthful-looking, and hydrated.

8: Sleep

Be productive but get as much sleep as you can. Sleep is the most healing, powerful, and magical way the body repairs itself each day. Don't oversleep but get plenty of it. If you respect sleep, your body will respect you for the long-haul.

9: Stretch

As we age, the body can grow stiff. Engage in yoga-like movements and other stretch movements to keep your body loose and flexible. You don't have to be a gymnast but be sure to get blood flooding to all parts of your body and to stretch out everything often.

10: Stress

Stress is the number one killer in many areas of the world. Keep a low-stress tolerance. The higher your tolerance for stress, the more you put yourself at risk for health issues, and a decrease in longevity.

Life is meant to be enjoyed; don't over-stress yourself.

11: Sunscreen

Whether you are a darker complexion or a lighter complexion, using sunscreen can prolong your skin's youthful look. The sun is quite powerful, and we often underestimate it—even when the clouds cover it. If you plan to be outside, use sunscreen; you'll thank yourself later.

12: Breathe

Breathing is beneficial for your mental, emotional, physical, and spiritual health. Take moments to breathe throughout the day to ensure you stay mindful, present, and aware of your stress levels. Breathing helps you relax and keeps you fresh and energized. Take a moment to breathe deeply right now!

13: Relax

Stop. We don't always have to be doing something. Take moments throughout your week to *relax.* Oh, what wonders relaxing does for our bodies, minds, souls, and spirits. It is a healing and therapeutic practice that only adds vigor to our lives. Relax.

14: Make Walking A Habit

Walking does so many beneficial things for our bodies to even count. Just do it. Take a walk every day if you can. Clear your head, get the blood flowing, gain perspective on a predicament you are in and feel more positive. Walk.

15: Air Dry

As much as possible, let your hair air dry after you wash it. The heat can strip away natural oils that help maintain that beautiful and youthful shine that our hair has naturally.

As much as possible, after you shower, let your body air dry to keep your skin looking youthful. Over the long haul, consistently stripping your body of its natural oils will affect your skin's appearance.

16: Sleep In the Dark

Don't sleep with the TV on. Don't sleep with the lights on. Don't sleep with any distractions near you. Sleep peacefully and soundly so you can have the highest quality sleep. Even if you get plenty of rest, it means little if the sleep isn't high quality.

17: Diet

If you think you can eat whatever you want, whenever you want, you are right, **BUT** you probably shouldn't. It is best to instill healthy habits *now* while your body can truly appreciate them. It's nice and dandy to eat healthy as you get older, but what about all the damage people do to their bodies leading up to older age? Eat healthy *now*. Still enjoy yourself, but balance your diet with clean, fresh, and quality foods.

18: Remember the Greens

Remember to eat your veggies. Most people hate them, but if you make it a habit now to eat them, you'll probably have fewer health issues as you age, you'll probably live longer, and you'll probably look a hell of a lot better than your friends. Don't get emotional about not wanting to eat vegetables. Just eat them.

19: Skip the Drinks

I'm not talking about alcohol; I'm talking about the unlimited sugary drinks that are *everywhere* we go. It is perfectly okay to drink regular drinks now and again but make it a habit to choose water as your preferred drink.

20: Take Care of Your Feet

Whatever you do, don't forget about your feet. Take care of your feet by moisturizing them every day, wearing the right size shoes, and getting a pedicure at least once a month (doesn't matter if you identify as male, female, non-binary, or other). Take time to invest in your feet, and they will look that much better as you continue to age. *Don't be the person with the ashy, cracked, and scary-looking feet.*

21: Moderation Is Key

Some say alcohol is good for you; others think it's the opposite. I recommend if you're going to drink alcohol that you do so in moderation.

22: Don't Be Bitter

If someone hurts you, forgive them, and let go. The last thing you want to hold onto is bitterness and unforgiveness; this is one sure way to age quickly. It does something quite damaging to not only your internal body but your external body.

23: Burn It Up

Go to the sauna now and then and sweat it out.

Cleanse the pores and your body of toxins.

24: Self-Love

Love yourself. The more you love yourself, the more you glow. Happiness and love look good on you.

25: Rest Your Eyes

Take breaks from the screens (e.g., laptops, computers, tablets, phones, TVs, etc.). Give all the technology a rest now and then to let your eyes have time to heal, recover, and rejuvenate. Don't run your eyes down by continually looking at screens. I know we live in a digital age, but that does not mean we have to work our eyes every waking minute. Rest your eyes.

26: Detox

Take a break from the following throughout the year:

1. Bread
2. Sugar
3. Sugary drinks/soda
4. Fast foods
5. Gluten
6. Wheat
7. Dining out
8. Processed foods

Give your body a break here and there to have time to detox and restore itself.

27: Mental Attitude

Think positive. Speak positively about yourself and others. Expect the best to happen for you. Live as an optimist. Those with hope, faith, and positive expectations tend to live longer.

28: Joy

Do something daily that brings you joy. Consistently engage in adventurous activities. Be someone that takes pleasure in having fun. Laugh often. Find humor in everything. Be light-hearted, free, and joyous. This is one key to maintaining your youth.

29: Work

Balance your life with work. Do not run yourself ragged with over-working yourself. Invest your time in other things like people and building relationships. Work will always be there, but people and your life will not. Don't overwork yourself but find a balance that works for your lifestyle and ensures you have time for leisure and relaxation.

30: Remember Right Now

Remember that what you do now to both your internal and external body matters. Care for your body. Love your body. Prioritize your health. Eat well. Nourish and keep your body hydrated. Exercise your body. Treat your body as the temple it is. As you age, your body will be eternally grateful for the actions you did early in life.

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